



# Comprehensive School Health

## Peacefulness

**What is Peacefulness?** Peacefulness is an inner sense of calm. It comes in quiet times of reflection or gratitude. It is getting very quiet and looking at things differently. Peacefulness is a way of approaching conflict so that no one is made wrong. It is being fair to others and yourself. Peacefulness is giving up the love of power for the power of love.

**Why Practice it?** Practicing peacefulness creates a calm mind free from worry. When you are peaceful you respect others and their differences. With peacefulness any problem can be solved.

**Affirmation** I am peaceful. I use peaceful language and find peaceful solutions to any problem that arises. I find my inner peace and let it carry me gently through the day.

Jackie Firlotte Virtues Project



## Bedtime: Guidelines for Parents

For some families, bedtime is a peaceful opportunity to connect as a family, for others it can be a source of great stress. Bedtime battles not only impact the amount of sleep the child gets but reduces the quality of sleep the parent(s) get. Sleep deprived children are more likely to have emotional, behavioral, and academic problems during the day. Depending on their age, children generally require 8 1/2 to 13 hours of sleep a night.

### What can parents do?

Establish positive age appropriate sleep routines including a set of activities with your child before bed, even on the weekends (e.g., tidying up room; preparing for next day; brief conversation time; bedtime story; relaxing music). Routines should begin at a significant time during the year (e.g., birthday, beginning of school year) and forewarning children about the changes will help them prepare, adjust and accept the routine

### Do you have a resistant sleeper?

Active children during the day are more likely to be tired at bedtime but a calming routine before bed is essential to ease into sleep. Ignore attempts to get out of bed and ignore questions after your child is in bed. If your child gets out of bed, take the child back with as little conversation as possible. A bedtime pass serves to give a child a sense of ownership and choice about bedtime: a ticket is used to get out of bed (for a drink, to talk with a parent) and cannot be used more than once per night

### Sleep and Adolescence

Sleep problems in adolescence are strongly related to puberty, hormonal imbalances, and the stresses of increasing academic and social expectations. Basically, teenagers do not get enough sleep because activities, homework, part-time jobs, and their own body chemistry (melatonin, a sleep hormone, is produced later at night in teens) all conspire against getting to bed early enough to get the required sleep. It can be more difficult for parents to implement regular bedtime routines for their teenagers, but encouraging regular exercise, eliminating caffeine and high energy drinks in the evening, and removing light or other distractions from the bedroom can be helpful.

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*We cannot always  
build the future for our  
youth, but we can build  
our youth for the  
future...*

*Franklin Delano  
Roosevelt*

## Snacks: Healthy and Happy Children

We often ask ourselves what type of snacks we should be giving our children. Snacking can be part of healthy eating and is a great way to provide children with all the energy and nutrients their bodies need in order to grow healthy and develop normally. Young children benefit from snacks as they have small stomachs and may have trouble eating all of the foods they need at meal time. Without enough energy from food, children may feel tired and find it difficult to concentrate. Just like adults, if tasty healthy foods are not available when children are hungry, the chances that they will reach for unhealthy food is greater. When preparing snacks, think of them as small meals that include two of the four food group's mentioned in the *Canadian Food Guide*. If you are planning meals, include nutritious snacks on your grocery list. What you keep in the cupboards is what your children will snack on! Allow children to choose their own healthy snacks; they will be more likely to eat foods they have chosen. Below is a list of healthy snack ideas. Remember, by choosing food that is grown locally and limiting single serve packaging, you are contributing to a healthy environment.



**Suggestions for simple healthy snacks:** milk or soy beverages, raw vegetable sticks, peanut butter\* and crackers, bread and rolls, whole grain cereals, cheese, unsweetened applesauce, unsalted nuts\* and seeds, fruit, yogurt, whole-grain muffins, slice of cold vegetable pizza, a boiled egg.

\* If there are allergies, a nut free alternative can be chosen (pea-butter, I'm healthy nut butter, etc)

**Be creative:** Sliced apples in mini pita with light cream cheese and cinnamon, cut-up fruit with yogurt dip, smoothies (blend frozen banana, fruit, yogurt and juice), mash avocado and serve with crackers, pita wedges and hummus, homemade trail mix (raisins, nuts, seeds, dried fruit), celery sticks with peanut butter

Source: [www.eatrighontario.ca](http://www.eatrighontario.ca)

Danica White, Dietetic Intern, Public Health, Horizon Health Network, area 3.



### Geary Elementary Community School Nutrition Update, October 2012

The Gator Munchers, Universal Breakfast program is in full swing and serves 140 students, five mornings a week. We are thankful for our partners, which include: Breakfast Clubs of Canada, NB-Breakfast for Learning, Kraft & RCMP Foundation, Oromocto Superstore Pharmacy Division, and all of our stellar volunteers, whom without we could not offer anything!

### Peanut Butter Banana Wraps

#### Ingredients:

- 1 fresh banana
- 1 whole wheat tortilla wrap
- 1 tbsp peanut butter

#### Directions:

Spread 1 tbsp of peanut butter on whole wheat tortilla wrap. Peel banana and roll it up into the wrap.

\* You can also substitute the peanut butter for soy butter.

### Fruit, Granola & Yogurt Parfait

#### Ingredients:

- Handful of berries or any other favorite fruits
- ½ cup of yogurt or Greek yogurt
- Handful of granola cereal

#### Directions:

Mix all ingredients together in a bowl and enjoy!



## Exercises for the Environment: Ten tips to a “Green “ Lunch

1. Ditch the brown bag: use a reusable lunch bag and prevent more than 50 lbs of waste in one school year.
2. Use reusable or bamboo utensils: plastic utensils are not biodegradable and plastic incineration causes green house gases.
3. Pack food in reusable containers: BPA free plastic containers are available and can be washed and reused over and over again.
4. Use cloth serviettes (napkins) instead of paper: be creative, even bandanas can be used as a serviette. Wash at home with your normal laundry load.
5. Skip juice boxes and bottled drinks: invest in a stainless steel water bottle for water or juice. Have your child buy milk at school, which is subsidized and much cheaper than you sending it to school. Have your child bring home the empty milk carton to recycle in your blue box.
6. Buy snacks in bulk and put in your reusable containers to avoid wasteful individualized plastic packaging.
7. Pack “Green” foods: Fruits and veggies in season are the ultimate fast food that comes in its own compostable packaging. Have your child bring the peel/core home to compost or compost at school if that is available.
8. Encourage “Litterless Lunch” days at school and help out with recycling, gardening or composting in the school community.
9. Make lunch from scratch! Avoid processed and pre-packaged foods. Use leftovers for lunches.
10. For adults who love coffee or tea, use a reusable insulated mug when making or buying your beverage and set a good example for the children.



(from <http://school.familyeducation.com>)

## Kick the Winter Blues, Get Active

During the cooler weather and longer periods of darkness, our bodies feel like hibernating and begin to conserve energy to use as heat. We may eat a little more and decrease our activity levels. Being less active and staying inside more can lead to those ‘cold weather blahs’. Try something new; get out into the snow and play!

Winter is a great time for family activities that allow you to spend time with your family while being active. Consider some of the following to boost your energy and maintain your activity levels during the winter months:

- make a snowman
- play Frisbee – Frisbee tag or Ultimate Frisbee
- take a crisp winter walk
- skate, ski, snowshoe or go sliding
- walk your dog

- try a winter picnic in the park
- organize a family or friends bowling night
- take your family swimming
- walk to school with your children
- play hockey (road or ice)
- take the stairs at work or school
- set up a work out routine in your home-perform sit-ups, jumping jacks during TV commercials
- dance
- shovel the driveway as a family



*Adapted from G. Wade – Learning Specialist, School District #18 Don’t Hibernate! - Celebrate and be Active!*



Students at Southern Carleton Elementary have been having a good time on Wednesdays at noon-hour.

Each Wednesday, in October and November, students from Grade 3-5 have an opportunity to try out Movement to Music with Amanda Boone.

There are about 30 students that have chosen to try this activity on their noon-hour and each of them are enjoying it immensely. Amanda does a great job with them and she makes it a fun, active, learning session!





## How can I stop the spread of germs?

**WASH YOUR HANDS!** Hand washing is easy to learn, cheap and very effective at stopping the spread of disease-causing germs! You should wash your hands before **meals**, before **feeding children** (including breastfeeding), before and after preparing **food**, after using the **toilet**, after changing **diapers** or helping a child use the toilet, after playing with shared **toys**, after blowing your **nose, coughing or sneezing**, before and after visiting with people who are **sick**, and after handling **animals** or their food or waste.

Hand washing tips:

- **Remove all rings and wet your hands with warm running water.**
- **Put a small amount of liquid soap** in the palm of one hand.
- **Rub your hands together for 20 seconds so you produce lather.** Make sure you scrub between your fingers, under your fingernails and the backs of your hands.

- **Rinse your hands well with clean running water for at least 10 seconds.**
- **Dry your hands with a single use paper towel.** If you are using a hand towel, be sure to change it daily. During flu or cold season, you may want to give each family member his or her own hand towel.
- **Turn off the tap or faucet with the paper towel** to avoid touching the same surface that you touched with your dirty hands.
- **Use hand lotion** to put moisture back into your skin to prevent dryness and cracking.
- **Model good hand washing technique to your children.** Have them sing a song like Happy Birthday while washing their hands to teach them the amount of time that it takes to clean their hands properly.

<http://www.phac-aspc.gc.ca/im/iif-vcg/wh-lm-eng.php>

## School Connectedness

A sense of school connectedness can support students in making healthy choices. Students who feel an attachment to their school, and who consider their teachers to be supportive, are less likely to engage in unhealthy or high-risk behaviours. (N.B. Student Wellness Survey)

### Evidence Based Strategies to enhance connectedness;

**Administrators**– Negotiate rules with students, create an orderly school environment, develop school-wide community service projects, create small learning environments (schools within a school), ensure parents are well informed and foster team teaching.

**Teachers**– Establish high academic expectations, encourage cooperative learning, use cognitive behavioral educational techniques, create democratic classrooms, develop identified jobs for all students, share positive reports of student behavior and achievement with parents and develop routines and rituals for the class.

**Parents and Community Members**– Serve as mentors, participate in or provide opportunities for community service, attend parent training opportunities and develop ongoing relationships between school and community organizations.

**Students**– Become involved with peer led tutoring activities, serve as peer counselors, experience collaborative learning, participate in peer mentoring or welcome programs.

Adapted from *School Connectedness; Improving Student's Lives*



*Tobacco Free Day at Fredericton High School*



**Healthy Smiles, Clear Vision,**  
a dental and vision plan for children of low-income families. For more information go to [www.gnb.ca/socialdevelopment](http://www.gnb.ca/socialdevelopment) or call Medavie Blue Cross toll-free at 1-855-839-9229

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